

Corn O'Brian³⁰

Number of Servings: 30 (85.04 g per serving)

Amount	Measure	Ingredient
3 3/4	qt	Corn, plain, fzn
1 2/3	cup	Onion, white, fresh, chpd
9 1/2	Tbs	Pimentos, cnd
1 1/4	cup	Mushrooms, cnd, drained, pces/slices
4 3/4	Tbs	Margarine, soft, hydrog & reg soybean oil, Gold n Soft

Nutrients per serving

Nutrition Facts	
Serving Size (85g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 4%	Vitamin C 10%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

- * chop and measure onions, dice and measure drained pimento
- * diced green peppers may be substituted for mushrooms

Cook corn, onion, pimentos, and mushrooms covered with small amount of water on medium heat. Slowly bring to a boil. Stir bring to a boil again, turn down heat and simmer 15 minutes. Stir in margarine.

To serve 1/2 cup serving, use 4 oz spoodle or #8 scoop = 1 vegetable serving.